

NICOLE AVERY

SPEAKER | BLOGGER | AUTHOR

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ABOUT NICOLE

Over the last ten years Nicole has grown Planning With Kids from being one of Australia's leading parenting blogs, to a successful online business with diverse revenue streams.

Nicole has achieved this while looking after her family of five children, now aged from 10 - 20 years old. Her philosophy is to streamline the known repetitive tasks of family life, so you can then better manage the unpredictable but inevitable elements of family life and still find space to enjoy it.

Nicole is an avid runner, completing six marathons and has a keen interest in eating well to fuel her exercise and active lifestyle.

SPEAKING TOPICS

FAMILY ORGANISATION

- Where to start getting organised at home
- Making feeding the family easier
- Increasing independence in kids

PRODUCTIVITY

- Goal setting and habit formation
- 5 hard truths of productivity
- The 80/20 rule and productivity

WORKING ONLINE

- Setting yourself up for success
- Managing information flow
- Growing an online community

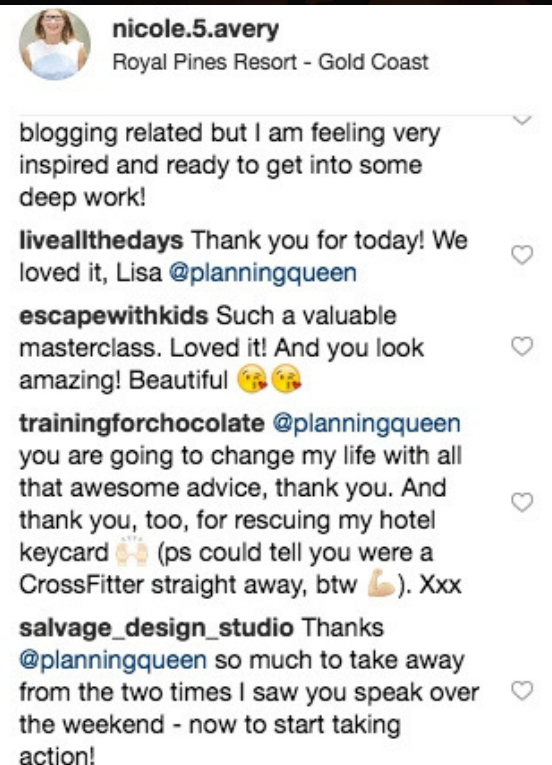
WHAT OTHERS SAY

"Nicole's presentation on meal planning was simple, easy to follow and almost made it seem too easy to plan out your meals for an entire month! I loved hearing all of Nicoles tips and tricks she uses to keep her family fed and happy each day. Nicole showed me how it really is practical to save time and money when you bulk buy and bulk cook your food. Always smiling and with an abundance of energy you can see how Nicole really has got the whole healthy eating and cooking for her family nailed."

Monica Brennan - Office Manager | lululemon Australia and New Zealand

IN THE MEDIA

Nicole is regularly sought for comment and interviews by a range of media outlets including The Project, Channel 7 News, The Age, The Herald Sun and numerous podcasts. Topics discussed include family life organisation, feeding the family, planning, organisation and productivity.



WHAT OTHERS SAY

"Nicole spoke (at our kinder AGM) to a group of experienced and relatively new parents. Her talk was engaging, fun and really helpful. It was clear that Nicole's experiences with her own children and all the families she has worked with has given her a wealth of knowledge and understanding of both the challenges and the joys of parenting. Importantly, her ideas and suggestions are practical and realistic, and her answers to all our questions demonstrated just what a parenting expert she really is. I can highly recommend Nicole as a speaker for any parents."

Nick Clark - Psychologist and Florence Rd Preschool President

